## Weekly training schedule

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| **Time** | **Training content** |
| Monday | AM | Squat 80%1RM 6 times x 6 sets, bench press 80%1RM 6 times x 6 setsPull-ups 15 x 6 sets, barbell side pull 15 x 6 sets on each sideRussian twist single side 15 x 6 group, lumbar abdominal muscle endurance 120s x 4 groupRelax and stretch |
| PM | Warm up (10-15min), the whole game running double pass 6 timesThe game runs three passes, the game runs seven passes fourHalf Touch (7vs7 14min), relax and stretch |
| Tuesday | AM | Warm up (10-15min), kick the high ball, kick and catch the whole game 5 timesKick the high ball, one kick one catch 10 times x3 sets, kick the high ball, one kick two catch 10 times 3 setsPlay high ball, one person play double scramble 10 times x 3 sets, grab side ball practice 10 times x 3 setsScrunch 6 times x 3 setsRelax and stretch |
|  | PM | Warm up (10-15min), the whole game running double pass 6 timesHalf-time one play one six times, half-time three play one six timesFull Touch (7vs7 14min),Relaxation stretch |
| Wednesday | AM | Squat 80%1RM 6 times x 6 sets, bench press 80%1RM 6 times x 6 setsPull-ups 15 x 6 sets, barbell side pull 15 x 6 sets on each sideRussian twist single side 15 x 6 group, lumbar abdominal muscle endurance 120s x 4 groupRelax and stretch |
|  | PM | Rest |
| Thursday | AM | Warm up (10-15min), kick the high ball, kick and catch the whole game 5 timesKick the high ball, one kick one catch 10 times x3 sets, kick the high ball, one kick two catch 10 times 3 setsPlay high ball, one person play double scramble 10 times x 3 sets, grab side ball practice 10 times x 3 setsScrunch 6 times x 3 setsRelax and stretch |
|  | PM | Warm up (10-15min), the whole game running double pass 6 timesSix sets of four corner passes, six sets of six corner passesFull-court tactical practice 6 sets, half-court Touch (7vs7 14min)Relax and stretch |
| Friday | AM | Squat 80%1RM 6 times x 6 sets, bench press 80%1RM 6 times x 6 setsPull-ups 15 x 6 sets, barbell side pull 15 x 6 sets on each sideRussian twist single side 15 x 6 group, lumbar abdominal muscle endurance 120s x 4 groupRelax and stretch |
|  | PM | Warm up (10-15min), the whole game running double pass 6 timesThe game runs three passes, the game runs seven passes fourFull Touch (7vs7 14min)Relax and stretch |
| Saturday | AM | Warm up (10-15min), kick the high ball, kick and catch the whole game 5 timesKick the high ball, one kick one catch 10 times x3 sets, kick the high ball, one kick two catch 10 times 3 setsPlay high ball, one person play double scramble 10 times x 3 sets, grab side ball practice 10 times x 3 setsScrunch 6 times x 3 setsRelax and stretch |
|  | PM | Warm up (10-15min), the whole game running double pass 6 timesThe game runs three passes, the game runs seven passes fourFull Touch (7vs7 14min)Relax and stretch |
| Sunday | AM | Rest |
|  | PM | Rest |

This is the training schedule for week 1 and week 3. During the experimental period, the coaches of the athletes constructed their training cycles as a normal training week followed by an adjustment week, with six days of training (D1-D6) and one day of rest (D7) in each week. All participants followed the same training program. The training week comprised a training program with higher intensity than that in the adjustment week. The daily training program typically included physical exercise for 90-120 min, high-intensity interval training for 30-45 min, team technique and tactics training for 90-120 min, individual technique training for 60-90 min, and recovery including stretching and physiotherapy for 60-90 min. The training program during that week before each test was controlled, and the daily training program was recorded. The training program during the third week was exactly the same as that in the first week. The training program for the adjustment week was the same as for the training weeks but with a lower exercise intensity and a focus on recovery.